

## **BOMBTASTIC BONE BROTH - everyone can do this!!!**

If you aren't already making bone broth regularly, I'd encourage you to start today! It is an incredibly healthy and very inexpensive addition to any diet, and the homemade versions beat store-bought broth in both taste and nutrition (although there is some amazing homemade organic broth you can buy pre-made now (Daylesford Farm does a great Chicken one!)).

This is the one nutrient rich food that anyone can afford to add!

### **What is Broth?**

Broth (or technically, stock) is a mineral-rich infusion made by boiling bones of healthy animals with vegetables, herbs, and spices. You'll find a large stock pot of broth/stock simmering in the kitchen of almost every 5-star restaurant. It is used for its great culinary uses and unparalleled flavour, but it is also a powerful health tonic that you can easily add to your family's diet.

Broth is a traditional food that your grandmother likely made often (and if not, your great-grandmother definitely did). Many societies around the world still consume broth regularly as it is a cheap and highly nutrient dense food.

Besides its amazing taste and culinary uses, broth is an excellent source of minerals and is known to boost the immune system (chicken soup when you are sick anyone?) and improve digestion. Its high calcium, magnesium, and phosphorus content make it great for bone and tooth health. Bone broth also supports joints, hair, skin, and nails due to its high collagen content. In fact, some even suggest that it helps eliminate cellulite as it supports smooth connective tissue.

It can be made from the bones of beef, bison, lamb, poultry, or fish. Vegetables and spices are often added both for flavour and added nutrients.

### **Why Drink Bone Broth?**

Anyone who has read Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride knows the many benefits of bone broth and how it can improve digestion, allergies, immune health, brain health, and much more.

What isn't as well known is that broth can help reduce cellulite by improving connective tissue, increase hair growth/strength, improve digestive issues, and remineralise teeth.

Broth is also helpful to have on hand when anyone in the family gets sick as it can be a soothing and immune boosting drink during illness, even if the person doesn't feel like eating.

Broth is very high in the amino acids proline and glycine which are vital for healthy connective tissue (ligaments, joints, around organs, etc).

## What Kind of Broth?

Homemade, nutrient-dense bone broth is incredibly easy and inexpensive to make. There is no comparison to the store-bought versions which often contain MSG or other chemicals and which lack gelatin and some of the other health-boosting properties of homemade broth. However, if you're short on time, I recommend Daylesford bone broths because they're pretty gelatinous and made with organic ingredients.

In selecting the bones for broth, look for high quality bones from grass fed cattle or bison, pastured poultry, or wild caught fish. Since you'll be extracting the minerals and drinking them in concentrated form, you want to make sure that the animal was as healthy as possible.

There are several places to find good bones for stock:

- Save leftovers from when you roast a chicken, duck, turkey, or goose (pastured)
- From a local butcher, especially one who butchers the whole animal
- From local farmers who raise grass fed animals (ask around at your local farmers market)
- Online from companies like [EVERSFIELD ORGANIC](#).

This recipe for broth is my favourite and is an adaption of the recipe in [Nourishing Traditions](#).

Make nourishing bone broth at home simmered on the hob.

Prep Time 10 mins

Cook Time 8 hrs

Total Time 8 hrs 10 mins

Calories: 16kcal

## Ingredients

- 2 lbs bones from a healthy source
- 2 chicken feet (optional)
- 4.5 litres water
- 2 TBSP apple cider vinegar
- 1 onion
- 2 carrots
- 2 stalks of celery
- 1 TBSP salt (optional)
- 1 tsp peppercorns (optional)
- herbs and spices (to taste, optional)
- 2 cloves garlic (optional)
- 1 bunch parsley (optional)

## Instructions

- If you are using raw bones, especially beef bones, it improves flavour to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 180°C. You can also use left over Sunday roast bones.
- Place the bones in a large stock pot.
- Pour cool filtered water and the vinegar over the bones. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Rough chop and add the onion, carrots, and celery to the pot.
- Add any salt, pepper, spices, or herbs, if using.
- Bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
- During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
- Simmer for 8 hours for fish broth, 24 hours for chicken, or 48 hours for beef.
- During the last 30 minutes, add the garlic and parsley, if using.
- Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.